



Asthma and Allergy Awareness



Children who suffer from asthma and allergies know all too well how April showers bring May flowers. May is Asthma and Allergy Awareness Month and the Division of Child Development would like to share some valuable information with the millions of children, their families and child care providers who have to cope with the watery eyes, sneezing, coughing and itching this season will bring.



*Asthma is a chronic and potentially life-threatening lung disease in which airways become inflamed and/or swollen, making it hard to breathe. An estimated 20 million Americans suffer from asthma. Of these 20 million, half are children. Research shows that with proper treatment these children can lead active and normal lives. The North Carolina Child Care Health and Safety Resource Center provides resources and training materials to help families and child care providers to make a safe and healthy environment for children with asthma. **“A is for Asthma”** is a training module intended for preschool children with asthma. The module includes lessons to help them understand their asthma and additional materials that will help family, child care providers and friends to recognize potential asthma triggers.*

http://www.healthchildcarenc.org/training_materials.htm



***“Is Your Asthma Allergic? Know Your IgE.”** The American Academy of Allergy, Asthma and Immunology has provided information, quizzes, books, games, questionnaires and other resources to help understand allergic asthma. IgE is the antibody produced by the body in response to allergen exposures such as dust mites, pet dander, pollens, molds, etc. These antibodies when mixed with allergen release a potent chemical called mediator. These mediators cause inflammation and swelling of the airways resulting in the symptoms of asthma.*

<http://www.aaaai.org/allergicasthma/>



The National Heart, Lung, and Blood Institute provides a checklist entitled, “How Asthma-Friendly Is Your Child Care Setting?” Parents, teachers, and school nurses can use this checklist to help pinpoint specific areas that may cause problems for children with asthma. It is available in English and Spanish.

http://www.nhlbi.nih.gov/health/public/lung/asthma/child_ca.htm



*The American Academy of Allergy, Asthma and Immunology provides a section specifically for children entitled, “**Just for Kids.**” This section provides fun and informative links to puzzles, games and books to down load and share with friends. These books, “**All About Allergies**” and “**All About Asthma**” are available in both English and Spanish.*

<http://www.aaaai.org/patients/just4kids/default.stm>



The American Lung Association provides a section entitled, “Asthma & Allergy.” This section focuses on asthma as related to children, teens and adults, with featured sections on “Home Control of Asthma and Allergies,” “Facts about Hay Fever,” and “What are Asthma and Allergy Triggers.” This site is available in English and Spanish.

<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33276>



Asthma and Allergy Foundation of America provides links to the most current trends and news alerts regarding asthma and allergies. This website features the “Allergy Action Plan, National Allergy Awareness Test, and New Food Allergy Alerts.”

<http://www.aafa.org/>



The Food Allergy and Anaphylaxis Network provides training material for preschools and summer camps. These resources can be downloaded, copied and distributed. Resources and materials are available in English and Spanish.

<http://www.foodallergy.org/>

Allergy and Asthma Resources Page:

<http://www.edae.gr/allasthma.html>

